



Jambo!



Adaab!



Hello!



Salaam



Hej!



CAMBRIDGE FAMILY NEWS

from the Center for Families



Information, Support, & Activities for Families with Children Ages Birth–8 Living in Cambridge

January–February 2016

Up Coming Events!

January–February 2016

In this month's issue of the Center for Families Newsletter, we have updated information on community events, workshops, and resources to keep your family active and well connected this winter!



On page 5, you will find information just for Dads! Worried about the snow and cold this winter? Check out the Cambridge Public Health Department website for tips on how to prepare for winter: <http://www.cambridgepublichealth.org/hot-topic/emergency-preparedness.php>

Also, in honor of National Dental Hygiene month, please turn to page 2 for all dental health related information as well as some tips on keeping your children's teeth healthy and clean.

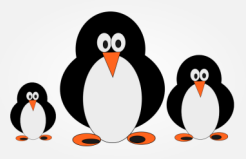
Important: A quick reminder for parents that wish to enroll their children in Junior Kindergarten and Kindergarten this coming September 2016. Registration starts in January so please see page 2 for information on deadlines and what you will need to register your child. Remember, Cambridge has school choice. *We highly encourage you to register in January!* Call the Family Resource Center at 617-349-6551 with questions.

As one final announcement, please be sure to carefully look at the calendar on page 4. With all the holidays, school vacations, and staff trainings there are several days playgroups will not meet. We hope to see you in 2016!

Friends of CFF Meetings	1/13/16 2/10/16
Family Fun Day	1/23/16
Mother's Discuss and Craft Activity Group	1/29/16 2/12/16
Movement & Yoga	1/30/16 2/27/16
Literacy Series	2/3/16 2/10/16 2/24/16 3/2/16 3/9/16 (snow date)
Dads & Kids at the Gym	2/6/16 3/12/16
Parenting Journey	Starts 3/9/16
Art & Literacy Night: Save the Date!	3/18/16

Family Fun Day

Cake Walk with the Friends of the Center for Families



Join us for the
Center for
Families
Family Fun Day!

Saturday, January 23 10:00am—1:30pm Peabody School Gym, 70 Rindge Ave.

Children ages birth—8 years old and their families are invited to join the Center for Families for a fun morning of arts & crafts all about Antarctica, moon bounces, face painting, book giveaways, toddler obstacle course, infant area, performer, a light lunch, and more!

Contact the Center for Families at 617-349-6385 for more information.



Join the Friends of Center for Families for the 5th Annual Cake Walk!

Where: Center for Families' Family Fun Day, Peabody School, 70 Rindge Ave., Cambridge

When: Saturday January 23, 2016 from 10:00am—1:30pm

Friends of the Center for Families is seeking donations for the Cake Walk of cakes, breads, cupcakes, brownies, or any baked good! Store bought or homemade welcomed!

Want more details about donating? Contact Emily Buswell (FCFF board member) at ebuswell@aol.com. Thank you!

Table of Contents

Playing and Learning Activities	page 2
CFF Playgroup Listings	page 3
Calendar	page 4
Information for Fathers	page 5
CFF Programs	page 6
CFF News	page 7
Community Information	Page 8
Community Resources	Pages 9
Contact Information	page 10

The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.

PLAYING AND LEARNING ACTIVITIES

Check Out These Fun Ideas for Parents and Children!

Here are some fun winter activities that you and your child can do together!
Call Cynthia at (617) 349-6327 to submit ideas for our next newsletter!



February is Dental Health Awareness Month!

Did you know that dental decay is the most prevalent chronic childhood disease – 5 times more common than asthma? It is almost entirely preventable, with a few simple measures.

The top 3 Dental tips for families are:

- brush twice a day
- drink tap water (not bottled water) to benefit from fluoride
- See your dentist *twice* a year.



Sing a fun song about teeth!

Brush, Brush, Brush Your Teeth
(Sung to: "Row, Row, Row Your Boat")
Brush, Brush, Brush Your Teeth,
'til they're shiny bright.
They'll be healthy, they'll be strong,
if you treat them right.



Read together!

In honor of Dental Health Awareness Month, here are some books about teeth:

- *A Visit to the Dentist* by Eleanor Fremont
- *Dear Tooth Fairy* by Jane O'Connor
- *My Pet Dinosaur Won't Brush His Teeth* by Sharlene Alexander

Explore Together!

Put on your hats, gloves, and winter coats and visit a Cambridge park for some winter fun (there are over 70 in Cambridge!). Make a snowman, build a fort, and enjoy the snow! For a map of parks, go to www.cambridgema.gov/CDD/parks/parksmaspx



Home-Made Instruments

Just follow these easy steps!

- Find a clean container, such as a water bottle or coffee can
- Add rice or beans.
- Decorate the outside with stickers, feathers, tissue paper, or anything around the house!
- Shake away!

Junior Kindergarten and Kindergarten Registration

The January Junior Kindergarten and Kindergarten Lottery for students who are eligible for both Junior Kindergarten and Kindergarten begins on Monday, January 4, 2016 and closes on Friday, January 29, 2016. All registrations for the Lottery must be submitted in person to the Family Resource Center (Cambridge Rindge and Latin School, First Floor, FRC Entrance 459 Broadway). Please bring the forms and the required documents when you register.

Important information to keep in mind:

Your Child's Age: Children born between September 1, 2011 and March 31, 2012 can apply for Junior Kindergarten.
Children born between September 1, 2010 and August 31, 2011 can apply for Kindergarten.

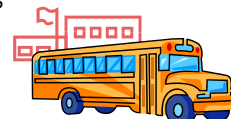
Your Choice of 3 Schools: Families are allowed to request their top 3 schools, in priority order, that they would prefer for their child's Kindergarten assignment. The CPS controlled-choice system gives preference to the 2 schools in closest proximity to your home, and to any school that a sibling currently attends. Language may also be a factor in school assignment.

Your Timeline for Entering the Lottery: Kindergarten students are enrolled through a series of lotteries. The deadline for participating in the first-round lottery is January 29, 2016. Be sure to submit your application in January to participate in the first lottery; it will increase your chances of being placed in one of your choice schools! Do not wait!

Documents You'll Need to Apply: To complete the Kindergarten application process for your child, you will need the following:

- Student's birth certificate or passport (original or certified copy)
- Immunization Record
- Proof of Cambridge Address - provide one of the following: Lease, Section 8 Agreement, Purchase & Sales Agreement, Mortgage Statement, Deed, Letter from Homeless/Transition Service Provider, or Tax Bill.
- Proof of Occupancy - provide one document dated within 30 days Gas bill, Oil bill, Electric bill, Cable bill, or Homeless/Transition Service Provider Letter
- Proof of Identity - provide one of the following: Massachusetts Driver's License, Massachusetts Photo ID, Vehicle Registration, W-2 form, Passport, Payroll stub or bank statement dated within 60 days, or Excise or property tax bill
- **Additional Documentation: If Applicable**
- If person registering student is other than parent: Guardianship Papers or Notarized Statement of Temporary Responsibility
- Copy of student's IEP or 504 Plan
- Previous school records.
- You may find all application forms as well as a list of documents approved to prove occupancy and address online at www.cpsd.us

Call the Family Resource Center at 617-349-6551 with questions or for more information.



PARENT-CHILD ACTIVITIES

Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, has thrown up or had diarrhea within 24 hours of activities. We want to make sure everyone stays germ-free!

Center for Families Drop-In Playgroup Schedule

The following Drop-in Playgroups run January 11th—June 16th
No groups on: 1/4, 1/5, 1/6, 1/7, 1/18, 2/15, 2/16, 2/17, 2/18

We bring toys, activities, music, and snacks; you bring the kids and the fun. Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (birth-5), and come play with us. Parents or caregivers stay and play with the children. You don't need to sign up for these groups, just come when you want. **For more information or questions, call Lucy at 617-349-6967.**

Parent Groups:

Mondays

- Infant Playgroup (15 mos and under)* Center for Families, 70 Rindge Ave. (door 10), Bus Routes 77&83, 12:30—2:30 pm

Tuesdays

- Fresh Pond Apartments, 364 Rindge Ave. (Community Room), Bus Route 83 or Alewife Station, 10:00—11:30 am
- Infant Playgroup (15 mos and under)* Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building) Bus Routes 1, 69 and Central Square T, 12:30—2:30 pm

Wednesdays

- Gately Youth Center-Gym**, 70 Rindge Ave. (back of Peabody School), Bus Routes 77 & 83, 10:00—11:30 am
- Area IV Youth Center, 243 Harvard St., Bus Routes 69,83 & 91, 10:00—11:30 am

Thursdays

- Cambridge Community Center, 5 Callendar Street, Bus Route 70, 10:00—11:30am

Please note:

*Please attend **either** Monday or Tuesday Infant Group

**The Gym groups are for physical activities, no arts or snacks

Mixed Parents and Providers Group:

Mondays

- Moore Youth Center-Gym*, 12 Gilmore St., Bus Route 70, 10:00—11:30 am

Please note:

*The Gym groups are for physical activities, no arts or snacks

Family Childcare Providers and Nanny Groups:

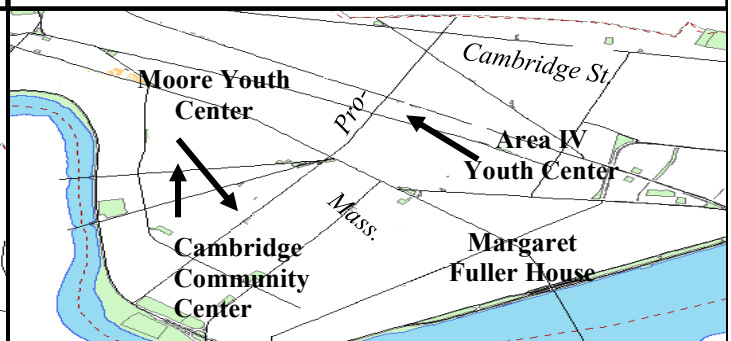
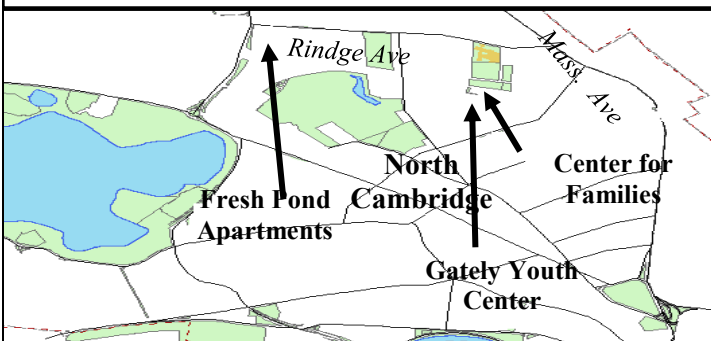
Tuesdays

- Area IV Youth Center, 243 Harvard St., Bus Routes 69, 83 & 91, 10:00—11:30am

Thursdays

- Center for Families, 70 Rindge Ave. (Peabody School, in the afterschool room), Bus Routes 77 & 83, 10:00—11:30 am

Note: Due to space concerns, we will be limiting group to first 26 children & their providers who arrive



Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are located. If you have questions about where a group or event is located, please feel free to call the Center for Families at 617-346-6385.

CENTER FOR FAMILIES JANUARY—FEBRUARY 2016 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 27	December 28	December 29	December 30	December 31	January 1	2
	No Groups.	No Groups.	No Groups.	No Groups.	Holiday. CFF Closed.	
3	4	5	6	7	8	9
	No Groups.	No Groups.	No Groups.	No Groups.		
10	11	12	13	14	15	16
Moore 10:00—11:30 CFF Babytime 12:30—2:30	364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	Gately 10:00—11:30 Area IV 10:00—11:30 Baby Massage @ MFHN 12:00—1:15 FCFF Meeting 6:30—8:00	CCC 10:00—11:30 CFF* 10:00—11:30			
17	18	19	20	21	22	23
Holiday. CFF Closed.	364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	Gately 10:00—11:30 Area IV 10:00—11:30 Baby Massage @ MFHN 12:00—1:15	CCC 10:00—11:30 CFF* 10:00—11:30			Family Fun Day @ Peabody School Gym 10:00—1:30
24	25	26	27	28	29	30
Moore 10:00—11:30 CFF Babytime 12:30—2:30	364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	Gately 10:00—11:30 Area IV 10:00—11:30 Baby Massage @ MFHN 12:00—1:15	CCC 10:00—11:30 CFF* 10:00—11:30	Mothers Discussion and Craft Activity @ CFF 10:30—12:00		Movement & Yoga for Parents and Children @ CFF 10:30—11:30
31	February 1	2	3	4	5	6
Moore 10:00—11:30 CFF Babytime 12:30—2:30	364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	Gately 10:00—11:30 Area IV 10:00—11:30 Baby Massage @ MFHN 12:00—1:15 Literacy Series @ CFF 6:30—8:30	CCC 10:00—11:30 CFF* 10:00—11:30			Dads & Kids at the Gym @ Gately 10:00—11:30
7	8	9	10	11	12	13
Moore 10:00—11:30 CFF Babytime 12:30—2:30	364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	Gately 10:00—11:30 Area IV 10:00—11:30 Baby Massage @ MFHN 12:00—1:15 Literacy Series @ CFF 6:30—8:30 FCFF Meeting 6:30—8:00	CCC 10:00—11:30 CFF* 10:00—11:30	Mothers Discussion and Craft Activity @ CFF 10:30—12:00		
14	15	16	17	18	19	20
School Vacation. No Groups.	School Vacation. No Groups.	School Vacation. No Groups.	School Vacation. No Groups.	School Vacation. No Groups.		
21	22	23	24	25	26	27
Moore 10:00—11:30 CFF Babytime 12:30—2:30	364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	Gately 10:00—11:30 Area IV 10:00—11:30 Literacy Series @ CFF 6:30—8:30	CCC 10:00—11:30 CFF* 10:00—11:30			Movement & Yoga for Parents and Children @ CFF 10:30—11:30
29	29	March 1	2	3	4	5
Moore 10:00—11:30 CFF Babytime 12:30—2:30	364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	Gately 10:00—11:30 Area IV 10:00—11:30 Literacy Series @ CFF 6:30—8:30	CCC 10:00—11:30 CFF* 10:00—11:30			

*Provider Only Groups

CENTER FOR FAMILIES' FATHERHOOD CORNER

Fatherhood in Cambridge



Are you new to Cambridge, or just looking to join a network of fellow Dads?

Luis is the Fatherhood Outreach Worker representing both the Center for Families and the Agenda for Children Literacy Initiative. He will connect you to resources, services, and Dads across the city.

Get in touch with Luis by emailing him at: Lvasquez@cambridgema.gov.

Cambridge Dads on Social Media



Building an online network of Dads to promote active parenting and self-care. An initiative of the Center for Families and the Agenda for Children Literacy Initiative.

Follow **@CambDads** on Twitter

'Like' **Cambridge Dads** on Facebook

Get connected today!

Dads "In Their Own Words"

As part of a larger effort to support fathers in Cambridge, the fatherhood team at the Center for Families and Agenda for Children Literacy Initiative set out to find what fatherhood means to the dads who are living it.

The gallery of powerful words from over 50 Cambridge dads who shared their thoughts and feelings were on display City Hall for three weeks, following a reception to Celebrate Fatherhood in Cambridge.

Please visit the e-book online at bit.ly/dadswords to immerse yourself in this collection to hear the many voices of dedicated fathers in our community.

Fatherhood Text Campaign



Join the Center for Families Fatherhood Text Campaign!

Receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.

Step 1: Text "father" to 95577
(standard text messaging rates apply)

Step 2: Receive a confirmation text

Step 3: Keep Being A Great Dad!

Dads & Kids at the Gym



Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

Saturdays, 2/6, 3/12, 4/9, 5/14, and 6/11 at the Gately Youth Center, 70 Rindge Ave. (behind Peabody School, door 13), 10:00—11:30am

Facilitators: Luis Vasquez

To sign up or with questions, email Luis at lvasquez@cambridgema.gov.

UPCOMING WORKSHOPS, CLASSES AND EVENTS

Workshops and Events



Movement & Yoga for Parents & Children

Saturdays 1/30 and 2/27, 10:30—11:30am, Center for Families, 70 Rindge Ave. A movement-based class for parents and children ages **4—8 years** old, where they do relaxing exercises and yoga together.

Please wear comfortable clothes. **Contact Christine at cdoucet@cambridgema.gov with questions.**

4-Part Early Literacy Development Series: Dads and Moms Make a Difference!



Wednesdays, February 3, 10, 24 and March 2, 9(snow date), 6:30—8:30pm, Center for Families, 70 Rindge Ave., rear of Peabody School, door 10. Come and learn concrete strategies to support your child's language and literacy development (birth to five years) and share your successes and challenges with other Dads and Moms. Topics include talking, reading, managing screen time and storytelling. Free books and giveaways! *Co-sponsored with the Agenda for Children Literacy Initiative.* **To register contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**

Parenting Journey: An 12-Week Program

Wednesdays, exact location to be announced, starting March 9th (no class 4/20), 6:15pm—8:15pm. This program helps parents take better care of themselves, gain new parenting skills and build strong relationships with their children. You will:

- discover your strengths as individuals and as parents
- learn to value yourselves and your children
- learn to cope with negative thoughts
- set goals for yourself and your children
- understand how past factors influence your parenting styles
- discover your circles of community support

Childcare available and meals served.

For more information, call Christine @ 617-349-3003 or cdoucet@cambridgema.gov or Lucy @ 617-349-6967 or lhernandez@cambridgema.gov

Save the Date: Art & Literacy Night 3/18/16 for families with children 2—8 years old at Kennedy LongFellow School, 5:30—7:00pm.

Discussion and Craft Activity for Mothers



Join us and other moms as we talk about parenting while doing a relaxing craft activity. Childcare is available and lap babies are welcome. *Christine Doucet and Fran Roznowski will direct the activity.*

Fridays, January 29th and February 12th, 10:30 am—12:00pm, Center for Families, 70 Rindge Ave. (back of the Peabody)

Activities:

January 29th— Winter Craft

February 12th— Valentine Craft

To register or for more information, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.

Infant Activities

BABYTIME: Caring, Playing, Nurturing

(parents/caregivers with infants birth—15 months)

Informal groups for parents or caregivers with infants. Groups are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. Christine will lead a short sing-a-long.

Mondays 12:30—2:30 pm, Center for Families, 70 Rindge Ave., rear of Peabody School, door 10.

Tuesday, 12:30—2:30 pm, Margaret Fuller Neighborhood House, 71 Cherry St., grey door on the right side of the building.

No registration required. Please choose only one group to attend per week. Contact Christine at cdoucet@cambridgema.gov with questions.

Baby Massage/Nurturing Touch & Infant Development Series

(based on WINC without borders material and curriculum)

5-week series on Wednesdays 1/13, 1/20, 1/27, 2/3, and 2/10, 12:00pm—1:15pm (new time). Margaret Fuller Neighborhood House, 71 Cherry St. Massaging your baby and growing child helps you develop a strong relationship with your baby. The discussion topics are designed to support you in your parenting. Also, this series might help your baby to have less gas and constipation, relax better and cry less, and sleep longer. **To register, contact Christine at 617-349-3003 or cdoucet@cambridgema.gov.**



Did you know? For breastfeeding information, contact the Doula Program at the Cambridge Health Alliance at 617-665-1164. For more infant programming, contact the Jewish Family & Children Services-at Temple Eitz Chayim at 781-693-5652.

CENTER FOR FAMILIES' NEWS

Friends of the Center for Families

Friends of the Center for Families is an all volunteer-run nonprofit. We help raise money for the Center for Families so that they can bring you even more quality programing! This year is "The Year of the Dad". You can read more about our fundraising campaign on our website, www.friendsofthecenteroffamilies.org



We meet monthly to plan fundraisers, like our upcoming Cake Walk at the upcoming Center for Families' Family Fun Day (1/23/16). All are invited to join. Snacks provided and children welcome!

Next Meetings (all are welcome): Wednesdays, 1/13/16 and 2/10/16, 6:30pm—8:00pm, please contact the Friends of Center for Families at friendsofthecenterforfamilies@gmail.com for location information.

Free Pool Passes for Participating Families!

The Center for Families has limited 1-time family passes for the **Atlantis Sports Club & Spa**. Passes are for participating families. To use the passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 months. The passes will allow FREE admission to the Atlantis Sports Club & Spa (use of the pool included) located at 575 Memorial Drive (located inside the Hyatt Regency). **For information, contact Lucy at 617-349-6967 or lhernandez@cambridgema.gov.**



Stay connected with the Center for Families

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email cwoodward@cambridgema.gov.
- Follow us on **Twitter** @cntrforfamilies
- Friend us on **Facebook** at [Facebook.com/cambridgecenterforfamilies](https://www.facebook.com/cambridgecenterforfamilies)
- Check out our **website**: www.cambridgema.gov/dhsp/cff
- Fatherhood Text Campaign. Text "father" to 95577



Also, please fill out a **Center for Families Registration Form** to be on our mailing list. Registration forms are at our office, playgroups, events, or on our website.

Caught in the Act!



At the Center for Families, we have a group of strong and dedicated Playgroup Leaders/Outreach Workers who are committed to supporting Cambridge families.

Have you had the chance to meet **Andrea**? **Andrea** is one of our newest staff members and has hit the ground running! **Andrea** leads playgroups, helps plan events, and her positivity and warmth radiate outwards to everyone she meets! **Andrea** is a fabulous addition to our team! **Be sure to say congratulations and welcome to Andrea!**

Diaper Circle

Diaper Circle is an organization that provides diapers to social service agencies working with low income families to distribute as needed. The Center for Families has Diaper Circle donation bin in our office at 70 Rindge Ave. in the rear of the Peabody School, door 10.

Diaper Circle will take: new, unopened packs of diapers, opened packs of diapers, loose diapers (clean, of course!), gift cards to places that sell diapers (to be used only by staff, not given directly to families), unopened containers of wipes, and rewards points from Huggies (they use these to earn free diapers).

For more information, visit their website at www.diapercircle.org or check out Facebook.com/diapercircle or their Twitter account @diapercircle.

Feel free to call the Center for Families at 617-349-6385 for more information.

Help in a Bag!



The Center for Families now offers resource bags on the following topics: Getting Ready to Share, Biting, Hitting, Fun with Language, Starting Childcare or School, A New Baby in the Family, and Death of a Loved One.

Each bag is filled with books for toddlers and preschoolers as well as articles and resource lists, including websites for parents.

If you are interested in borrowing any of the resource bags or have any questions, please contact Lucy at 617-349-6967 or lhernandez@cambridgema.gov.

CAMBRIDGE COMMUNITY INFORMATION

Cambridge Public Library Workshops

The Developing Self: Raising a Resilient Child with educator Yolanda Neville. *Wednesday, January 20th, 6:30 PM.* Cambridge Public Library, 449 Broadway, Main Library Lecture Hall. Request limited free childcare at 617-349-4038.

Communication and Language Development with educator Yolanda Neville. *Wednesday, February 10, 6:30 PM.* Cambridge Public Library, 449 Broadway Main Library Lecture Hall. Request limited free childcare at 617-349-4038.

Sponsored by the Cambridge Public Library Early Childhood Resource Center and the MA Department of Early Education and Care and Families First Parenting Programs.

Baby U

Are you a mother or father of a child 3 years old or younger?



Do you live in the Riverside/ Cambridgeport, Area IV or East Cambridge neighborhoods?

If so, Baby U would like to connect with you. We offer a 14 week series of workshops and playgroups that meet on Saturday mornings. Call 617 349-6204 for more info or email us at:

Ages and Stages Questionnaire

Do you want to know more about your child's development when they are as young as 2 months through 5 ½ years old?

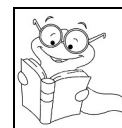
The **Ages and Stages Questionnaire (ASQ)** is a set of questions to help parents find out what skills their baby or young child has.

Christine Doucet or Fran Roznowski are available to come to your home to do the ASQ with you and your child in about 20 minutes. To answer each question, you can try a fun and simple activity with your child. We will bring the toys and materials. Your answers help show your child's strengths and areas where she or he may need practice. If your child has difficulty with some skills, Fran and Christine can help you with the next steps.

If you want to schedule an Ages and Stages Questionnaire for your child contact Fran at 617-349-6485 or froznowski@cpsd.us

Pathways to Family Success

- Do you have a child who is in grades kindergarten to 3rd grade?
- Is English not your first language?



If you answered yes to these questions, then Pathways to Family Success could be for you! Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. **For more information, contact Beth at 617-665-3827.**

Agenda for Children: Let's Talk

Let's Talk! is a free early literacy program in Cambridge that offers services for moms, dads and child care providers—including workshops, literacy home visits, and fun family events. **For tips and resources on ways to support young children, connect with Let's Talk! at: www.letstalkcambridge.org, on Facebook (facebook.com/LetsTalkCambMA) and Twitter (@LetsTalkCambMA)!**



MLK Chinese Immersion Program

The Martin Luther King, Jr. School in Cambridge has a Chinese Immersion program, so your kids can learn both English and Chinese. You don't need to know how to speak Chinese to start, most kids learn from scratch. There won't be extra work for you or your child. **MLK School is a public school so the program is FREE. MLK is a highly-rated Level One school, and the only school in Cambridge with a longer school day, so kids can learn more. There are spots open for this year, so call Katie Giraldi at 857-294-1167 now to apply!**

Ask Jayne

Looking for information about child care, kindergarten, after-school, early intervention, special education, housing, and more? **Please contact Jayne Cantor at 617-349-6086 or by emailing Jayne at jcantor@cpsd.us.**

Child Development Questions?

Ask Fran!

Fran Roznowski is the Early Childhood Specialist for the Center for families. Fran is available to meet with you in person or on the phone to discuss topics, such as limit setting, biting, toileting, sibling rivalry, and more. Fran can observe your child during Center for Families' playgroups and then meet with you. **If you have questions or concerns about your child's physical, social-emotional or language development, contact Fran at 617-349-6485 or froznowski@cpsd.us.**

COMMUNITY RESOURCES

Adult Education

- **Cambridge Employment Program:** Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call 617-349-6166 or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV:** Offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more information, please call 617-661-6900.
- **Asian American Civic Association:** Next Steps Transitional English program is a free English class for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **Community Learning Center (CLC):** Offers ESOL Family Literacy classes for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information and to hear about current openings.

Childcare, School & Support

- **Department of Human Service Programs (DHSP):** Runs programs for children and families, including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call 617-349-6200 or visit www.cambridgema.gov/DHSP.
- **Family Resource Center (FRC):** For information about the Cambridge Public Schools registration and waitlists, call 617-349-6551 or the Multilingual voice mail at 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center:** Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.

- **Are you ready to be a parent or have a newborn baby?** Attend a Happiest Baby Class and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343
- **Jewish Family & Children Services:** Located at Temple Eitz Chayim. Parents with babies support group runs Thursdays from 10:00-11:30 at 134-136 Magazine St. Cambridge. Call 781-693-5652 with questions.
- **Doula Support Program:** The Doula Program at the Cambridge Health Alliance offers groups for new parents and for breastfeeding support. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.
- **East End House (105 Spring St., Cambridge):** Holds FREE drop-in family playgroups every Tuesday from 10am-11:30am for children ages 0-5. Arts, games, puzzles, stories, and light snack provided. Call 617-876-4444 for more information or visit www.eastendhouse.org.

Food & Clothing

- **The Cambridge Food Pantry Network:** Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Somerville/Cambridge WIC Program:** Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.

Housing

- **The Cambridge Multi-Service Center:** Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

Special Needs Services

- **Cambridge-Somerville Early Intervention:** Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Eliot Community Health Services:** Eliot Cambridge/Somerville Early Intervention Program now offers early intervention services to families living in Cambridge/Somerville. Call 339-227-1020
- **Cambridge Special Start:** Provides developmental screenings for children ages 3 & 4. For more information, call Jeannie Parkus at 617-349-3252.
- **The Cambridge Program for Individuals with Special Needs:** Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities:** Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see <https://www.cambridgema.gov/DHSP/programsforadults/ccpd.aspx>

The Cambridge Somerville Resource Guide has listings for more services in the community at www.cambridgesomervilleresourceguide.org.

If you are unable to find what you are looking for, please call the Center for Families at 617-349-6385.

CENTER FOR FAMILIES STAFF

Lucy Hernández

Family Support Program Assistant
lhernandez@cambridgema.gov

617-349-6967
(Spanish & English)

Christine Doucet

Family Support Specialist/Infant Coordinator.
cdoucet@cambridgema.gov

617-349-3003
(French & English)

Cynthia Woodward

Family Services Coordinator
cwoodward@cambridgema.gov

617-349-6327
(English)

Michelle Godfrey

Director
mgodfrey@cambridgema.gov

617-349-3002
(English)

The Center for Families has staff members who speak: Amharic, Bangla, Persian/Farsi, French, Italian, Portuguese, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.

Main Office

617-349-6385

Fax:

617-349-6386

Web:

www.cambridgema.gov/dhsp/cff

Facebook:

<http://on.fb.me/xzNyXs>

Twitter:

<http://twitter.com/cntrforfamilies>

Email:

centerforfamilies@cambridgema.gov

Center for Families

Office and Resource Room:
Peabody School Community Wing
(please enter through main school door)
70 Rindge Avenue
Cambridge, MA 02140

Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, Friends of the Center for Families, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.



**family
centers™**

a children's trust program

**Center for Families**

c/o Dept. of Human Service Programs
51 Inman Street
Cambridge, MA 02139

PRE-SORT
STANDARD
US POSTAGE

PAID

PERMIT NO. 58292
CAMBRIDGE, MA